

Conversational Formula

I feel ____ (a word from the feelings list)

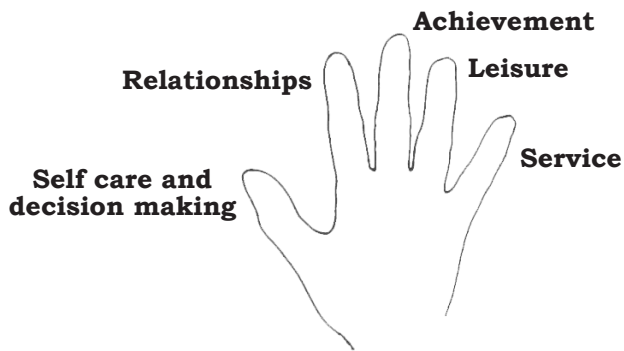
about ____ (an event or behavior)

because ____ (a value or principle).

Feelings and Values Lists (over)



Handy Guide



Tools of the Trade

Our mission is to foster caring, honest and respectful communications in families by offering a peer-led parenting program model to organizations invested in community well-being.

5/2023

Parents Forum – Agenda

Getting Acquainted

1. What do you like about your family?
2. What concerns or troubles you about your family?
3. How do you express concern to a family member?
How do you ask for and give advice and/or help in your family and community?

Getting Organized

4. How have others encouraged and guided you?
How do you encourage and guide others?
5. What are your household values?
6. What are your household rules?

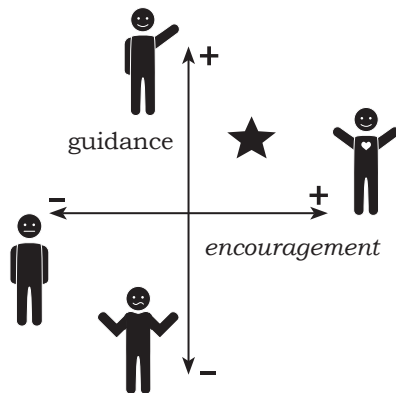
Getting Serious

7. What happens when someone joins your family?
8. What happens when someone leaves your family?

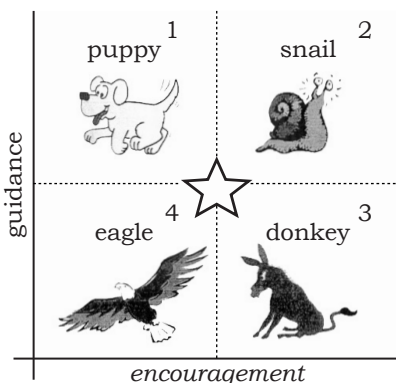
Stating Changes

9. What changes have you experienced recently?
What changes do you expect in the future?

Algebra Lesson part one: parents' behaviors or parenting styles



part two: children's behaviors or stages of learning/ stages of life



I feel... about... because...

Feelings

A

abandoned
accepted
affectionate
afraid
alarmed
angry
annoyed

anxious
appreciated
awkward

B

bad
betrayed
bitter
bullied
burdened

C

cared for
comfortable
concerned

confident

confused
connected
curious

D

defeated
depressed
desperate
determined
devoted
disappointed
disgusted
disrespected

disturbed

E

eager
embarrassed
energized
exasperated
excited
exhausted

F

fearful
frantic
frustrated

G

grateful
guilty

H

happy
helpless
honored
hopeful
hopeless
hurt

I

ignored
impatient
imposed upon
insecure
inspired

J

joyful

L

left out
lonely
loved

M

manipulated
misunderstood

N

nervous

O

optimistic
overwhelmed

P

peaceful
pleased
pressured
put down

S

sad
sorry
special
surprised

T

taken for
granted

threatened
troubled

U

unappreciated
uncomfortable

V

vulnerable

W

wonderful
worried

Values

A

appreciation
achievement

B

balance

C

caring

cleanliness
communication
compassion
confidence
confidentiality
consideration
cooperation
courage
courtesy
creativity
curiosity

D

dependability

dignity
diversity

E

empathy
equity

F

fairness
family time
flexibility
friendliness
friendship
fun

G

generosity
goals
good
decision-
making
good health
practices
gratitude

H

happiness
harmony
helpfulness
honesty
honor
hospitality
humility
humor

I

inclusion
independence
integrity

J

justice

K

kindness

L

learning
leisure
listening
loyalty

M

modesty
morality

N

neatness

P

patience

perseverance

play

privacy

R

respect
responsibility
rest and sleep

S

security
self-care
service
sharing
solidarity

spontaneity

T

teamwork
tolerance
tradition
trust

W

work

Let these lists get you started.

Add your own words.

Your word choices may depend on the role, relationship, gender and age of the person with whom you are speaking. Also, expressions of feeling and statements of value will be affected by culture and by the setting of the conversation you are having.